

# Why 'WHO' Packs Your Parachute Matters Deeply

The lesson of the day: LCHF/keto food gurus think the two chemicals below are identical and cause the same problems. (Their Dunning Kruger moment) I pulled this picture off a prominent MD's twitter account to make a point that the food gurus are not aware of what they do not know.

I stopped explaining  
myself when I realized  
people only understand  
from their level of  
perception.

*Jack Kruse*

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